

## Aromatherapy Diffuser Blends for Wellness

A guide to create 6 on-the-go essential oil blends for use in personal inhalers, essential oil jewelry and electronic diffusers.

### Mental Fatigue

Aromatherapy  
Diffuser Blend

**1 drop Lime**  
**2 drops Black Pepper**  
**1 drop Ginger**

### Immune Boost

Aromatherapy  
Diffuser Blend

**1 drop Sage**  
**1 drop Manuka**  
**2 drops Frankincense**

### Insomnia

Aromatherapy  
Diffuser Blend

**2 drops Lemon**  
**1 drop Lavender**  
**1 drop Ylang ylang\***  
\*Ylang ylang is not advised for  
use with children under age 10

### Stress Less

Aromatherapy  
Diffuser Blend

**1 drop Clary Sage**  
**2 drops Black Spruce**  
**1 drop Cedarwood**

### Emotional Eating

Aromatherapy  
Diffuser Blend

**2 drops Pink Grapefruit**  
**1 drop Thyme**  
**1 drop Juniper Berry**

### Breathe Deep

Aromatherapy  
Diffuser Blend

**1 drop Thyme**  
**2 drops Pine**  
**1 drop Myrrh**

No diffuser? Here are some DIY ideas for personal aromatherapy use!

Use a cotton ball, keep it in a small jar or zip-top baggie. Open and sniff whenever you need a whiff.

Collect pine cones, twigs, driftwood, stones or other dry natural materials when you are out for a walk. Put your nature finds in a decorative bowl on your desk or near your bed. Add a few drops from your favorite blend.

Place pom poms, wool beads, or unfinished wooden beads in a decorative container. Place the container wherever you need a boost.

Make a pendant or ornament out of air-dry or polymer clay! You will have a custom, wearable piece of functional Aromatherapy art.

Add a few tablespoons of Himalayan Salt crystals, coarse Sea salt, magnesium flakes or Epsom salts to a small jar. Add 15-20 drops of your blend. Leave the lid off to passively diffuse the aroma. Replace the lid when not in use.